

The Greater Vancouver Food Bank – at a glance

Key Stats

- **26,500*** people access GVFB services each week.
- This is through **14 distribution locations** and partnerships with **close to 100 community agencies**.
- **20%** of our members are children*
- **19%** of our members are seniors*
- GVFB receives, purchases and distributes **approximately 4.4 million pounds of food** each year.

Sharing Food in the Community

- GVFB works with local farmers and distributors to purchase and share fresh produce.
- As part of our mandate, GVFB ensures that at least two items of fresh produce are available at our locations.
- GVFB has a team on the road 6 days a week recovering perishable food. We collect from restaurants, hotels and commercial kitchens, contributing to around 74,000 meals each month.

Skill and Capacity Building

While GVFB continues to help address the immediate needs of the community, we recognize that food in isolation is not a long-term solution. GVFB is evolving into a collaborative model that builds and recognizes community assets:

- 150 Community Kitchen Leaders trained in 2014-15
- 3,000 pieces of kitchen equipment shared
- 35,280 meals facilitated through 26 Community Kitchens across the Downtown Eastside

Did You Know?

- Agencies supported by GVFB include youth and women's shelters, schools, mental health and children's programs.
- On average, the GVFB purchases 39,600 eggs per month.
- 10,000 lbs. of vegetables is enough for one week's distribution.
- Our amazing volunteers contribute the equivalent of 50 full-time staff in hours each year.

Mission

To empower people to nourish themselves by providing access to food, education and training.

Vision

Accessible, healthy and sustainable food for all.

GVFB's Food Goals

**QUALITY
ACCESS
EDUCATION**

\$3 for every \$1

GVFB is able to purchase \$3 of food for every \$1 donated, meaning monetary donations can go the furthest.

Most Wanted Items

The GVFB is on the lookout for the following high protein, whole grain, lower sodium (salt), lower sugar items:

- Canned fish or meats
- Canned beans, kidney, black bean, chickpeas
- 100% nut butters
- Pasta and rice
- Canned vegetables, pasta sauces
- Canned fruit, packed in its own juice or water
- Whole grain breakfast cereals
- Hearty soups, stews and chili

For further information, please contact:
Greater Vancouver Food Bank Communications Team
t. 604.876.3601 [website. www.foodbank.bc.ca](http://www.foodbank.bc.ca)



GREATER VANCOUVER FOOD BANK'S

TOP 10

★ MOST ★ WANTED ITEMS

The Greater Vancouver Food Bank is on the lookout for healthy, non-perishable food items and asking for your help in rounding them up! When shopping, please consider purchasing the following high protein, whole grain, lower sodium (salt), lower sugar items for the Food Bank:

- 1 Canned fish: tuna or salmon
- 2 Canned meat: chicken or turkey
- 3 Canned beans: black, chickpea and kidney
- 4 Hearty meals: soups, stews and chili
- 5 Nut butters: 100% natural almond, cashew and peanut
- 6 Pasta: brown or white
- 7 Rice: brown or white
- 8 Canned vegetables: beans, corn, peas and tomatoes
- 9 Canned fruit: packed in its own juice or water
- 10 Breakfast cereals: whole grain

DROP OFF THESE ITEMS AT YOUR LOCAL GROCERY STORE FOOD DONATION BIN OR BRING TO 1150 RAYMUR AVENUE IN VANCOUVER. THANKS FOR MAKING A DIFFERENCE!

www.foodbank.bc.ca



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604-876-3601